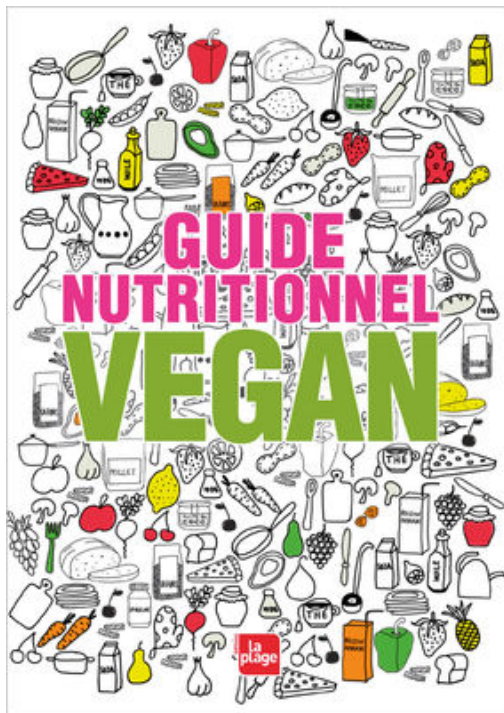


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- Des informations précises sur les nutriments indispensables et les substituts aux produits animaux.
- Des tables de valeurs nutritionnelles des principaux produits vegan disponibles en France.
- Des conseils pratiques pour se faciliter la vie quotidienne : liste de courses, produits indispensables, manger vegan même au restaurant, reconnaître les aliments vegan, les super-aliments.

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